IN SEARCH OF RECREATION.

The American Way-Better Management of Excursions in China-The Gardens.

Managers of excursions from New

York and other large American cities

complain that they are not patronized by the people who have more taste.

The people alluded to would probably

say, if they thought it worth while to

reply at all, that there is no reason why

they should go on excursions such as

leave the city every day. What are the

inducements? Does any one who has a

comfortable house, or even a quiet flat, see any pleasure in squeezing into a

crowd on a big steamboat, fighting for a

camp stool to sit on, smelling bad cigars

for an hour or more, and then be

dumped into the centre of another big

crowd at Coney Island, Rockaway or

Long Branch? What is there to do

when one of these resorts is reached?

The people among whom one is thrown

are strangers to him, and apparently as

uninteresting as if selected for that

special purpose; there are no rational amusements except eating and arinking,

and these have to be done in a crowd,

with another crowd as spectators. One

may listen to music, perhaps, by a good

band, but there is at the same time a

ceaseless clatter of feet on the walk be-

hind. He may bathe, but he must do it

with a mixed lot of men, women and

children and when at last he becomes

disgusted and hastens homeward he

must fight with a crowd for a seat on a

a little party may enjoy itself as unre

servedly as if it were in a private grove;

the men may roll on the grass, toss off

their hats and outer garments, play ball,

and shout, without attracting the atten-

tion of the police, and their elders may

sit all day talking politics or scandal

without being told to move on. Lovers

can sit in such a garden with their arms

about each other and not find themselves

in jail for an offense against public taste,

as some couples in Central park have

At these Chinese gardens no one has

to fight for something to eat and then

pay several prices for the privilege of

eating it. A party may take its own

luxuries, tea, bird's nest jelly, cold

slice l puppy, pickled shark's fins, or

what not, or it may order of the keeper

of the grounds, who, on overcharging,

has his head lopped off at once by the

public executioner. When inclined to

sail, a boat is called, and the party is

taken wherever it chooses to go, instead

of following a beaten path of passenger

boats. The trio of Italian torturers who

seem part of the crew of every Coney

Island or Rockaway boat, are not on

board, but there always is music, and

although the instruments of which the

Celestials are fondest sound strange to

western ears, they are not, at their

worst, as bad as the harp, fiddle and

flute, which are inflicted upon all excur-

sionists here. There never is a fight on

the home trip. The Chinese excursion-

ist never has to fear that the person at

his right may be a pickpocket and the

woman at his left no better than she

should be. The landing is not made at

the docks farthest from the excursion-

ists' homes, nor is the disembarkation a

signal for the blood-curdling howl by

the passengers.-Cor. New York Hour

Proper Temperature of Food.

The following are the practical con-

clusions arrived at by Dr. Franz Spaeth:

A temperature of 104-122 degrees Fa-

hernheit generally is the best for all

foods and drinks, and where solid food

is to be masticated it should not exceed

95 degrees. Fluids may be borne at 140-

solids are eaten with them. The warm

ing of the body, for which purpose hot

drinks are sometimes taken, can be at-

trined at temperatures which exceed the

blood heat (99.5 degrees Fahrenheit) by

18-24 degrees Fahrenheit and the danger

and pain of higher temperatures are

needless. People who suffer from

stomach troubles, especially ulceration,

should carefully avoid high temper-

atures. Children especially should be

guarded against this dangerous habit.

For nursing infants nature has clearly

indicated the proper temperature.

Mother's milk is at 100.4 degrees Fahren-

heit, therefore all artificial food should

be at that point. These experiments

and the practical points deducted from

them are of the greatest va n . hygien-

Twilight in Norway.

The first impressive peculiarity of

northern lands is the extent of twilight.

Early in June, at Copenhagen, I could

read by the twilight at 11 p. m. At

Stockholm it was continual day, and

after crossing the Arctic circle the sun

was constantly in view. The deserted

appearance of a sleeping village in day-

light is remarkable. -Cor. San Francisco

HERIFF'S SALE-In Chancery of New Jersey

omplainant and William H. Sargeant, et als., de-

endants. Fi. fa. for sale of mortgaged premises

By virtue of the - bove stated writ of fleri facias

to me directed, I shalt expose for sale by public

vendue, at the Court House in Newark.cn Tuesday the thirtieth day of November next, at two o'clock,

P. M., all that tract or parcel of land and premises

situate, lying and being in the town ship of Bloom

Beginning on the westerly side of the road lead-ing from Bloomfield to Paterson, and at the corner of land of Philip Baum, formerly Starr Parsons; thence running along land of said Baum north

eighty-two degrees and seven minutes west seven

chains and seventy-five links; thence still along land of said Baum north twelve degrees east three

chains and fifty-eight links; thence south eighty-

eight degrees and twenty five minutes east three

chains and fifty-two links along land of Dr. Joseph A. Davis, formerly land of Sigler; thence south

eighteen degrees and fity-five minutes west fifty-

seven links; thence still along 1 nd of said David

south eighty-eight degrees 'twenty-five minuter

east six chains and five links to the aforesaid road;

and thence along said road south thirty-two de grees and forty five ninutes west four chains forty-five and one half links to the lace of begin-

Be ug the same premises conveyed to William H. Saraeant by John F. Brown, executor, etc., by deed

of even date herewith, this mortgage being given to secure the payment of part of purch se money advanced by party of second part hereto to enable

said deed to be taken.

Newark, N. J., September 27, 1:

WM. H. F

JAMES C. McDonald, Solr.

field, Essex county, New Jersey :

-Between the Howard Savings Institution

149 degrees in small swallows if cold

#### Del., Lack, and Western R. R.

Newark and Bloomfield Branch. SUMMER, 1886. TO NEW YORK.

Leave Glenridge 6.06, 7.17, 7.54, 8.30, 9.17, 10.37, 11.37, a.m., 12.43, 1,43, 3.33, 4.42, 5.27, 6.13, 6.57, 8.15, 9.43, 11.08 p. m. 12.37 a. m. Leave Bloomfield 6.08, 6,49, 7.19, 7,56, \*8.32, 9.19, 10.35, 11.39, a.m., 12.46, 1.45, †2.35, 3.35, 4.44, 23, 6.15, 6.59, 8.20, 9.45, 11.10, p m, 12.39 a m. Leave Watsessing 6.10, 7.21, 7.58, 9.21, 10.41, 11.41 a.m. 12.49, 1.48, 3.38, 4.46, 5.31, 6.16 7.02, 8.23, y. 48, 11, 12 p.m., 12.41 a.m. . Does not stop at Newark.

Leave Barclay Street—6.30, 7.20, 8.10, 9.30, 10.30 11.20 a.m., 12.40, \*1.20, 2.10 3.40, 4.20, 4.50, 5.30, 6.20, .00, 8.30, 10.00, 11,30 p m.

Leave Newark for Bioomfiel 1—6.20, 6.40, 7.15, 7.53, 8.43, 10.03, 11.03, 11.53, a.m., 1.13, \*1.53, 2.44, 4.13, 5.26, 6.03, 6.53, 7.40, 9.03, 10.38 p.m., 12.08, a.m. tSaturdays only. Note-Leave Christopher street 5 minutes later than time given above.

The Story of an Apple. Little Tommy and Peter and Archy and

Were walking one day, when they found An apple; twas mellow and rosy and red And lying alone on the ground. Said Tommy: "I'll have it," Said Peter

"'Tis mine" Said Archy: "I've got it; so there!" Said Bobby: "Now let us divide it in four

And each of us boys have a share." "No, no!" shouted Tommy, "I"ll have it

Said Peter: "I want it, I say." Said Archy: "I've got it, and I'll have it

I won't give a morsel away." Then Tommy he snatched it, and Peter he

(It is sad and distressing to tell!) And Archy held on with his might and his

Till out from his fingers it fell. Away from the quarrelsome urchins it flew, And then down a green little hill That apple it rolled and it rolled and it

As if it would never be still. A lazy old brindle was nipping the grass And switching her tail at the flies, When all of a sudden the apple rolled

rolled

-And stopped just in front of her eyes. She gave but a bite and swallow or two-That apple was een nevermore! "I wish," whimpered Archy and Peter and

"Wed kept it and cut it in four." -----

#### Choosing a Library.

In selecting the books which we want to know and hope to love, we should be in no haste, any more than in forming acquaintance and friendships with men. Get around you, first, your old friends. I have sometimes put them on a shelf or in an alcove by themselves. But it is better to distribute them. They warm and light up their environment, and give a friendly and home-like look to the entire library. Test the candidate for your comradeship and affection before you commit yourself. Gather them in slowly, that each one may have the full right of way, and its coming be a triumphal entry.

But I would have books to read for the sake of reading, without caring to "know" or make friends of them, any more than of a chance traveling acquaintance or an entertaining companion on the piazza of a summer hotel. There is such a thing as being too utilitarian for our own good in reading, and too commercial in calculating the profit of every outlay of time, which may be, after, all, "pennywise and pound-foolish." It is like always eating with the "Journal of Health" and an analysis of nutritive foods at hand. Some books are for relishes, to whet our appetite for other food. Some are for rest, by affording variety of occupation. It is well to have garden-walks and tinkling rivulets on our library estates, as well as dense forests and broad acres of wheatlands. We should let our minds take a walk once in a while and wander at their will or with a child or a policeman or even a motley fool at their side. We should have a little rest of novels somewhere—and what if they are not "standard"? which often means laid on the shelf, like a brilliant Commoner elevated to the House of Lords: they will keep us en rapport with the life of to-day, and we shall be in less danger of becoming "standards" ourselves -Casaubons, who have eves for the past and blue spectacles for the present. Books of a certain kind may better acquaint us with human nature and with the world than will actual intercourse.

Nay, why should it not be a worthy end, as old Sir John saith, to read simply for "delight"? We are not literary puritans, I hope, who denounce all delight as of the devil and a snare. God dangles peaches before our eyes, and spreads flowers beneath our feet, and fills the earth with colors and forms and sounds of beauty, and laps us in delicious languors and exhilarations, because he has formed our senses for such joy. And he no more means us to expel the delight some from our "course of reading" than to banish strawberries from our tables or flowers from our writing-desk. Let us read for pure enjoyment, "losing" a bit of our life now and then that we may save it.

What we shall read with this intent will depend upon our individual tastes, as well as upon our different moods.

Sometimes I turn with weariness from all " light" reading. The essayists are a flock of magpies, Lamb is a chatter ing jay, the poets are sounding brass and tinkling cymbals, and even the best "detective" story fails to ensuare my attention. There are my Emerson moods and my "In Memoriam" moods. There are times when I actually thirst for Wordsworth or Thackeray. There are times when biographies are a passion, and others when to read history is like going to the Olympic Games. And there are times when I can read almost anything out of the line of "study." I can simply browse in my library from alcove to alcove, as kine in green pastures and beside still waters. Or I can lie upon the lounge and take sufficient satisfaction in the simple thought of what lies behind all those shut doors of my book-cover, and in feeling that I have only to open those "hinged covers" and I am straightway admitted to the chambers of imagery, to sulons, and oratories, and picture-galleries, and store-rooms,

and "living-rooms." At all events, let us not underrate a book because it is not a "great" one nor despise it because of its youth. Or why should a book be unworthy of reading unless it can be read over and over again? So to assert is a palpable begging of the question. A work of pure literary art may, as such, be reverted to with undiminished pleasure; but there are few whose frequent perusal will repay us for not having read instead something heretofore unread .- F. N. Zabriskie, in Lippincott's Magazine.

Songs of the Mexican Indians. Like the peasants of Connaught, the table-land Indians are a bilingual race, retaining their ancient vernacular for domestic purposes, and the acquired language of Castile for outside business. Spanish has never become their favorite tongue, but they recognize its harmonious qualities, and have translated many of their lyrics without changing the tune of its strange measure, all in a minor key, like the plaintlye ditties of the Spanish gypsies.

Those old songs, too, prove that the subjects of King Montezuma were something more than "architectural barbarians." They treat of war and the chase, the adventures, passions and superstitions of bygone and some old rhymes, which the Indian miners of Anahuac still crone at their solitary camp-fires have an almost Buddhistic tendency, lamenting the evils of life and its disappointed hopes. Even their erotic melodies, with all the usual admixture of sensuous caterwauling," have become popular enough in their Spanish translations to find favor with a Madrid audience. Marshal Bazaine's mother-in-law used to boast that her daughter could at any time retrieve the loss of her fortune by singing selections from the popular canzonets of her native land .- Dr. Felix L. Oswald.

A Palace Tragedy. M. Maspero added an incident of a peculiarly horrible character to the story of the unwrapping of the royal mummies of Deir-el-Bahari. Among them was found the body of a man between 25 and 30 years of age, bearing neither name nor inscription of any kind, which is by itself an extraordinary circumstance. Instead of having been enbalmed in the usual way, the body had merely been dried by some skillful process, without removing any internal organs, and had been covered with a thick layer of some mixture at once fatty and caustic. Above all the attitude of the corpse, its bent legs, its feet turned against each other, its clenched hands, the expression of its face-all combined to indicate that the unknown person had died in extreme agony.

At first M. Maspero was tempted to suspect that he had come across a case of the enbalmment of a living man-a form of murder which it is not difficult to reconcile with Egyptian usage. Medical men, however, who had been consulted, were disposed rather to recognize the symptoms of poisoning. In any case, we are brought face to face with a palace tragedy, for a body found among the royal mummies of Deir-el-Bahari can hardly be other than that of a princely personage.-London Academy.

The Perils of Self-Sacrifice. That was a profound remark which Charles Lamb made about himself in regard to his close and arduous supervision. for many years, of his partially insane sister. He said-I quote from memory-that though this way of life "had saved him from some vices, it had also prevented the formation of many virtues." No person can spend the greater part of his time in a constrainnd position, or with a tight ligature round some portion of his body, without suffering some physical retribution; and if the constraint and repression are applied to the mind instead, that also suffers.

Every human being is entitled, within certain limits, to live his or her own legitimate life; and though this may easily be made an excuse for the basest sefishness, the habit of invariable self-sacrifice brings perils of its own just as marked, if less ignoble. There is a certain charm in it, no doubt-in feeling that self is absolutely annulled, that we live only for others, or for some one other. But this is, after all, to quit the helm of our own life, so that our vessel simply drifts before the winds of destiny. The true skill is seen when we sail as closely as possible in the face of the opposing gale, and thus extract motive power from the greatest obstacles .-

"T. W. H." in Harper's Bazar. But Two Perfect Women. Two ladies are conversing on the qualities and demerits of their own fair sex. Said one, with a twinkle in her beautiful eyes: "I have never known but two women who were really perfect." Who was the other?" asked her companion, with a smile on her thin face -

A Bad Novel

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